



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09240, Peaches, canned, light syrup pack, solids and liquids

Report Date: June 30, 2017 17:08 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	84.72	71	0.088	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	54	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	226	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Protein	g	0.45	19	0.012	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.03	4	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.25	19	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	14.55	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Sugars, total	g	13.25	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Minerals													
Calcium, Ca	mg	3	19	0.169	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.36	19	0.033	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	5	19	0.114	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	11	19	0.275	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	97	11	3.677	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	5	11	0.557	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.09	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	2.4	117	0.087	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.009	13	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.025	19	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.593	19	0.025	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Folate, DFE	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Choline, total	mg	4.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09236	01/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total monounsaturated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:1 undifferentiated	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Threonine	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.075	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Flavonoids													
Isoflavones													
Daidzein ¹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ¹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ¹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

¹Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331